

EARLY CHILDHOOD Workshops

Emergency Preparedness: Teaching Child Care Facilities to Plan for the Unexpected

Lyn Horning, Penn State Cooperative Extension Better Kid Care Program

There are stories about emergency situations in the news every day. What happens when an emergency occurs in a child care facility or a before/after school program? This workshop will present an overview of new curricula; designed for you to help child care center directors and family home providers to develop emergency preparedness plans so they know what to do when an emergency situation arises.

Follow My Lead: A Developmentally Appropriate Physical Activities for Young Children Training Curriculum for Child Care Providers

Jo Anne Kock, Vicki Agao, Olga Soto, Jackie Reilly, Sally Martin, and Mikki Bixler, University of Nevada Reno Cooperative Extension

Follow My Lead was developed to meet the need of childcare providers to have an understanding of developmentally appropriate practices in physical activities while incorporating Nevada's Physical Development Pre-Kindergarten Standards. Participants in this hands-on, fun, interactive workshop will receive copies of the curriculum including camera-ready scrip, activities, evaluation instruments, references and a color-coded packet of physical activity cards.

Fostering Reading-enriched Environments for At-risk Children

Cara Poon and Daniel Perkins, The Pennsylvania State University

This workshop presents the Reading Wizards program for preschool and schoolage children that enable county extension educators to provide schools and libraries with practical ideas and resources about reading to parents. These resources include a kickoff event to motivate parents and children to read together. The programs are available on-line for free to educators. Youth professionals will increase their understanding of the importance of reading and how to foster reading skills, increase their understanding about how to create an active and concrete learning environment, and increase their understanding of preparing young children for school.

Great Beginnings for Families Program

Mary Crooks, Donna Andrusyk, and Mary Hughes, Iowa State University Extension

Great Beginnings for Families is a research based, interactive parenting education curriculum for children under age six. This five-lesson program helps to teach families basic parenting skills needed for raising young children. Topics include: guidance and discipline, play and encouragement, building family strengths, anger management and child development. A Spanish version of the curriculum will be highlighted.

Outdoor Learning for Young Children: It's Play Plus Much More!

Karen DeBord, North Carolina State University

Today, outdoor play is especially important to counteract sedentary lifestyles and obesity. This workshop will offer guidance to childcare professionals and site administrators in evaluating

outdoor spaces using the newly developed Preschool Outdoor Environment Measurement Scale (POEMS). POEMS is a comprehensive scale that provides a way to assess the physical environment, interactions, programming, materials, and the teacher's role. CYFAR staff who work in early childhood settings should be on the cutting edge of new and emerging resources and knowledge.

The Reality Classroom

Karen Benson, Delfi Wilson, and Susan Seal, Mississippi State University Extension Service

Families across America are tuning into "Reality" programming for education and entertainment. Through distance education and the use of electronic media, educators can design childcare provider training and parent education that keep learners tuned-in to subject matter. Learn how to develop presentation styles, follow-up activities, and group interaction techniques that keep your audience virtually involved.

Teaching Your Children Values

H. Wallace Goddard, University of Arkansas Cooperative Extension Service

Family is more than a place where we eat and sleep; it is the place where we learn what matters most. If all we do in families is manage groceries and sleeping space, we have missed irreplaceable opportunities to teach the great lessons about being human. This workshop will teach five ways to cultivate solid values in a family.

Understanding the Shared Parent-Child Feeding Environment

Marilyn A. Swanson, CSREES/USDA Maternal & Child Health
Sheryl Hughes, USDA/ARS Children's Nutrition Research Center

Before 3 years of age, children's eating is driven by hunger. After age three, parental cues influence eating behaviors. Using a newly designed instrument to identify parental feeding behaviors, participants will practice identifying behaviors in the context of emotional affect. Participants will also gather insight on how the shared parent-child feeding environment may manifest itself differently for different ethnic groups.

SCHOOL AGE Workshops

4-H Health Officers: Smiles for a Lifetime

Elaine Bowen, Zona Hutson, and Vada Zinn Woodford, West Virginia University Extension Service

Integrating dental health education with the 4-H network, this initiative's youth-driven format, creative and engaging curriculum, and collaborations focus on these habits: brushing, flossing, healthy snacks and drinks, tobacco education, mouth guards, and fluoride. The initiative energizes youth leadership, the Health H, and demonstrates West Virginia University Extension's capacity to impact critical knowledge and behaviors.

Building Social Capital Through Fun, Food, and Friends Hispanic Summer Camp

Sheri Seibold, Barbara Farner, and German Cutz, University of Illinois Extension
Susan Farner, University of Illinois Kinesiology and Community Health Dept.

In order to build social capital, address the changes in demographic growth, and provide meaningful educational opportunities for Hispanic children in the out-of-school setting, Illinois Extension 4-H created Fun, Food, and Friends Summer Camp. The camp met the program objectives through five days of hands-on science, culture, and physical fitness activities using teams of bilingual and non-bilingual staff and volunteers.

Bunny Who Knows Money Sweeps Maryland Schools

Megan O'Neil-Haight, University of Maryland Cooperative Extension

Explore new ideas in grades pre-K-5 financial literacy education. School-based assemblies, teacher lesson plans, parent guides, student evaluations, books, and educational music CD's are delivered as a complete package to participants through PowerPoint, musical experience, and a read-aloud exercise. Tools and resources included in this workshop can be easily applied or adapted to group settings outside of schools.

Eielson's Amazing Base Race

Candi Dierenfield, University of Alaska Fairbanks
Jacalyn Dunn and Deborah Conklin, Eielson AFB

Eielson's Amazing Base Race youth program utilizes learning bicycle safety, GPS techniques, and teamwork while traveling around the installation on their bike to earn the most points and become "Amazing Base Race Champs." This presentation will show how to plan your Amazing Race including the clues (using GPS), detours (team building challenges), road blocks (obstacle courses), and more.

Engaging Youth: After School Programs Responding to National Health and Wellness Policy

Vickie L. Greve, Lisa C. Kaslon, Marla K. Kurtenbach, Kristi M. Rastede, and Lee Sherry,
University of Nebraska–Lincoln Extension

In response to the 2006-2007 deadline set by U.S. Congress to implement wellness policies in schools, this interactive program highlights unique sources to help meet requirements and teach after school programs on health, physical activity and nutrition. Through Afterschool Newsletters, games, PowerPoints, MyPyramid, lesson plans and worksheets, participants learn new and exciting ways to engage children in healthy lifestyle choices.

Get SET for an Exciting Adventure in Science, Engineering, and Technology (SET)

Eddie Locklear, National 4-H Council
Byron Garrett and Jim Kahler, National 4-H Headquarters
Robert Horton, The Ohio State University
Kathleen Jamison, Virginia Tech University
Jay Staker, Iowa State University

America's young people are not prepared with the necessary science, engineering and technology skills they need for the 21st century. 4-H SET is designed to address this and ensure

4-H youth develop the skills they need to remain competitive in the 21st century. Come learn about 4-H SET, available curricula and how to involve youth in this important work.

Get Up & Move! -- Healthy Lifestyles Program for Youth

Patricia C. McGlaughlin, Natalie Bosecker, Barbara Farner, and Sheri Seibold, University of Illinois Extension

Mary Ann Halpin, Kinesiology and Community Health Department, University of Illinois

Get Up and Move! encourages youth from diverse settings to increase physical activity, addressing a growing concern of sedentary and unhealthy lifestyles. The program promotes physical activity and healthy eating; involves youth leaders in teaching and modeling behavior with their peers; and provides easy-to-use activities for groups. Resources shared will include strategies for extending learning to family and community settings.

Jump Into Foods and Fitness

Janet Olsen and Kristina Derhammer, Michigan State University Extension

Revised recently to reflect USDA's new food guidelines, Michigan State's *Jump into Foods and Fitness* (JIFF) (2006) curriculum contains eight active-learning lessons. Experience hands-on lessons in this research-based program that helps youth make healthy nutrition choices and build active lifestyles. Learn how teen health educators are developing leadership and career skills while teaching JIFF to younger youth.

Media Smart Youth - Eat, Think and Be Active

Jill Martz, Montana State University

Pat Whitaker, University of Tennessee

The Montana 4-H Center helped launch the national dissemination of Media-Smart Youth, a curriculum developed by the National Institute of Child Health and Human Development. This program seeks to empower young people ages 11 to 13 to make healthy choices about nutrition and physical activity, by helping them understand how media can influence their lives. Find out how three Montana counties implemented the curriculum and their lessons learned.

Munchy Adventures

Norma Samuel and Natasha Masciarelli, University of Florida Extension Service, Marion County

Getting kids to eat healthy can be challenging. Munchy Adventures, a 4-H nutrition and fitness curriculum, introduces youth ages 8 - 10 to simple, healthy lifestyle habits through fun and engaging activities. The program mascot, Chef Nicky, the fruit and vegetable loving guinea pig, takes youth on an exploration of MyPyramid, energy requirements, exercise activities, and easy to prepare healthy snacks.

Obesity Prevention Through Games: Overview of Exergames and How to Use Them

Barbara Chamberlin and Jeanne Gleason, New Mexico State University

Dance Pad games, gaming exercise equipment and video games that encourage physical activity can be integrated easily with after school and community-based programs. This workshop will introduce these "exergames" and review some of the ways programs use them, share research on effectiveness of programs, and discuss challenges in integrating games into obesity-prevention efforts.

Personal Financial Responsibility and Workplace Curriculum for After-School Program

Carolyn Clague, South Dakota State University Cooperative Extension Service

Youth, ages 8-11, need the knowledge and skills for personal financial responsibility and for the workplace. This After-School thematic experiential learning series teaches youth about budgeting, purchasing, and saving. Youth need to develop an understanding of the workplace by exploring choices of occupations and lifestyles. This series will prepare them for their future.

Reach New Heights with Project Butterfly WINGS

Joy Jordan, University of Florida 4-H Extension
Marilyn M. Roberts, Nikole Kadel, and Kathy Malone, University of Florida, Florida Museum of Natural History

Project Butterfly WINGS (Winning Investigative Network for Great Science) is a new 4-H citizen science program designed to promote interest and long-term involvement in science. Youth in fourth through eighth grade design projects about local butterflies. And participate in authentic, hands-on research. *WINGS* integrates 4-H life skills through experiential and cooperative science learning. Complimentary copies of the curriculum are provided at the workshop.

A Silver Lining in Every Cloud? Or Chasing Away the Clouds? Teaching Optimism

Marilyn F. Rasmussen, Rose Stee, and Christine Kayl, South Dakota State University

Optimism about life's challenges can be developed during childhood with support of parents but also through the assistance and intentional programming of caring adults in after-school care and youth organizations. Optimism is influenced by a person's ability to accurately assess challenges, identify feelings and plan for the best outcomes. Participants will practice a model for promoting optimism in the children.

Terrific Teachable Moments: Reinforcing Our Character Education Efforts

Judy Taylor, Patti Faughn, and Tessa Hobbs-Curley, University of Illinois Extension

Everyday parents, teachers and childcare providers encounter behaviors they'd like to diminish and behaviors they'd like to encourage. Come experience the hands-on, minds-on activities for PreK-6th grade children, developed to address everyday situations almost immediately. Workshop participants receive CD with: lesson plans, handouts, Powerpoint presentation, marketing materials, evaluation tools, certificates and the opportunity to purchase an accompanying resource.

Un Libro, Un Niño Youth Literacy/Teen Leadership Project

Carolyn L. Belczyk, University of Wisconsin-Extension

Jacqueline Buleje, Badger High School, Lake Geneva Wisconsin

The Un Libro, Un Niño Youth Literacy/Teen Leadership Project is an outreach initiative that pairs Latino youth with teen mentors. The pairs participate in shared reading and activities. Latinos enhance their English literacy and learn about 4-H while mentors increase their multicultural understanding, leadership, and Spanish language skills. Workshop participants will receive copies of the curriculum and review lessons learned.

The What, Why, and How of Programs of Distinction

Suzanne Le Menestrel, National 4-H Headquarters; CSREES/USDA
June P. Mead, Cornell University
Jan Carroll, Colorado State University Cooperative Extension

Programs of Distinction (POD) are high quality youth development programs occurring across the United States. Participants will learn about the POD peer review process and how to submit a manuscript. Finally, they will learn about the roles and responsibilities of a peer reviewer. The workshop will include a combination of large group presentation and discussion and small group exercises.

TEEN Workshops

African-American and Latino Youth: Strategies for Better Connecting Them To Their Communities Through Leadership and Service

Keith C. Nathaniel, University of California Cooperative Extension

This workshop will help youth development professionals provide meaningful and engaging opportunities for African-American and Latino youth to become more concerned, connected and committed to their communities. The workshop highlights a process for guiding professionals through activities, events, and experiences that foster African-American and Latino participation in community and civic opportunities. Unique strategies will be highlighted that will more fully engage African-American and Latino youth in a more comprehensive, substantive way.

Building a Cultural Bridge: The LaTEENo Leadership Story

Marcia Jante, Juana Avila, Laura Dombrock, Denise Retzleff, Jorge Elizondo and Ada Inzunza, University of Wisconsin Extension: Waukesha County

LaTEENo Leadership, a federal Youth Violence Prevention Grant Program will discuss effective strategies for working with Latino Audiences, the implementation of model programs for violence prevention, leadership development and strengthening families. Strategies for retaining youth, building strong partnerships within extension and successful collaborations with county partners will be shared.

Building Highly Skilled Staff

Pam Garza, National Collaboration for Youth
Kirk Astroth, Montana State University

This workshop will provide a hands-on approach to learn about and use specific tools designed to improve an adult's ability to work more effectively with youth. You will learn the 10 competencies for working effectively with youth, concrete tools and techniques for continuously improving skills, how to apply and observe these competencies in work settings, and evaluate the mastery of these competencies.

Building Sustainability While Connecting Young People to Community through Action

Barbara A. Baker, University of Maine Cooperative Extension
JoAnne Baldini, Cornell Cooperative Extension
Tracy McGee, Erie 1 BOCES

As a result of this workshop, participants will be able to: a) broaden knowledge and skills for sustainability planning that is interactive and attractive to youth/adult collaborators; b) reflect upon current research behind emerging practice in Youth Community Action; c) inspire each other, identify others as resources, and take home valuable materials; and d) create a "Back-Home Plan".

Community Partnerships to Support Teen Parents

Ancilla Parducci and Carrie Titus, University of Illinois Extension
Alexandra M. Ashbrook, Street Law, Inc.

In order to build family strength, address the changes that teen face after having a child, and provide meaningful educational opportunities for at-risk teen parents, University of Illinois Extension collaborated with Even Start to implement Parents and Law (PAL) curriculum.

Community Service Goes High Tech: Media Presentation Skills for Teens

Rachel Everett and Gloria Kraft, Rutgers Cooperative Extension
Youth Presenters, (TBD) New Jersey 4-H

Young Heroes is an 18-minute video designed and produced by a youth-adult partnership through New Jersey Operation: Military Kids. This workshop will provide the model used by the NJ team. Participants will view the entire video and participate in a youth-led discussion. The project materials will include the implementation plan for the resulting broad-based community service project.

Conroe Young Entrepreneur Program: Success in an Urban Community Site

Sheryl A. Nolen, Jeff Howard, and Pamela J. Brown, Texas A&M University
Michael Edwards, Pedro Alarcon, Sheena Prata, Brittney Prata, Jennifer Aleman, and Kimberly Aleman, Young Entrepreneur Program 4-H Afterschool Teen Teachers

The workshop will present techniques for successfully working with urban youth in entrepreneurship to achieve positive outcomes with both youth and community. Participants will learn effective management skills for a high energy program involving multiple staff, effective methods of teaching entrepreneurship, how to involve community partners, methods for implementing materials and teaching business and leadership through lecture and hands-on activities.

Developing High Quality Work-Based Learning Experiences: Examples from Ohio's CYFAR Project

Theresa M. Ferrari, Graham Cochran, Nate Arnett, Carol Smathers, and Lisa Sotak, Ohio State University Extension
Beverly Kelbaugh, Ohio State University Extension, Franklin County

Preparing youth for the workforce is a major concern, especially for at-risk teens. What are the principles of practice for providing youth with meaningful work-based learning experiences? Learn from staff and Ohio 4-H teens about important principles, program components, and evaluation strategies. Participants will leave with ideas and resources to enhance or start a new program.

Flipping the Script: Lessons Learned from African American Male Students about Strategies for Closing the Achievement Gap

Doris Houston, Illinois State University
Samuel Smith, University of Illinois Laboratory High School
Jason Jackson and Eric Houston, University of Illinois Students

Utilizing youth as co-presenters, the workshop will present the results of a video-journal project that emerged as a culturally responsive model for youth leadership and development. The video-journal project, undertaken by high school youth leaders offers candid insights and perspectives on the life experiences, educational needs, frustrations, and dreams of African American male students who are striving to overcome barriers to educational success. Workshop participants will leave equipped with the tools they need to become "achievement gap closers" in their communities.

The Forgotten Half: Fostering the Leadership Potential of Underserved Youth

Steve Wagoner and Madonna Weese, University of Illinois Extension

Research says there is a gap in youth leadership development called "the forgotten half." Many teens not already involved in leadership roles and not behaviorally challenged never experience opportunities to develop their leadership potential. Important tips will be shared in this workshop on how to successfully provide those opportunities for underserved youth. Teen program success stories will also be shared!

The Genesis After School Program: Using the Experiential Learning Model with High-Risk Juvenile Offenders

Maggie E. Magoon, The Ohio State University
Sarah J. Lewis and Judge Brad Culbert, Sandusky County Juvenile Court

The Genesis Program is an intensive, after-school program for high-risk, court-involved youths and their families. Collaboration among youth, parents/families, Juvenile Court and Extension staff, schools, treatment providers, and the community is essential. The curriculum incorporates cognitive-behavioral approaches to change with Experiential Learning. Program implementation, operation, evaluation, outcomes, and challenges will be discussed, as well as interactive examples of program activities.

Give 'Em Roots and They'll be Successful: Community Supported At-Risk Youth Programming

Linda Strieter, Debi Cole, Luanne Hughes, and Susan Makres, Rutgers Cooperative Extension, Rutgers University

The New Jersey New Communities Project features two county programs, Roots of Knowledge and Seeds to Success; both effectively building the capacity of children by developing life skills vital to their future employability and healthy lifestyles. The presenters will focus on training methodologies, major accomplishments and plans for sustainability.

If You Build It, Will They Come, and Come Back? Recruitment and Retention of At-risk Teens

Kay Telfer and Vicki Giarratano, Cornell Cooperative Extension, Broome County
Jackie Davis-Manigaulte and Jamila Simon, Cornell Cooperative Extension, New York City
June P. Mead, Cornell University

This workshop addresses two components essential to successful programs for at-risk teens-- recruitment and retention. Drawing on years of working with hard to reach young people, the facilitators will share innovative strategies being used in New York's CYFAR Program, Community Improvement Through Youth—the CITY Project. Participants will learn practical strategies for building community collaborations and youth/adult partnerships, promoting youth voice, and using employment and other incentives as recruitment and retention tools.

Keepin' Love Real: Healthy/Unhealthy Relationships Among Teens

Charles G. Go, University of California Cooperative Extension – Alameda
Clifford Yee, Asian Health Services, Oakland, California

Teen dating violence is a rising issue in the US today. Not surprisingly, teens in the Alameda County CYFAR project, Teens 4 Teens, selected this as a topic to address in their community project. In this workshop, we will share the teen developed workshop along with their successes and challenges.

Making Quality Youth Participation an Organizational Priority

Jane Powers, Cornell University, Family Life Development Center
Shep Zeldin and Julie Petrokubi, University of Wisconsin-Madison

This interactive workshop provides research-based information on promising practices and models, as well as practical tools to implement quality youth participation within programs and organizations. Learn about a new resource kit designed to improve the quality of youth programming and increase youth engagement by forming youth/adult leadership teams which conduct organizational self assessment and action planning.

Professionalizing the Youth Development Field: CYFAR's Role in the Professional Development and Certification of Youth Workers

Bill Evans, University of Nevada, Reno
Lucia Orcutt, University of Minnesota;
Manami Brown, University of Maryland Cooperative Extension

Eric Killian, University of Nevada, Reno, Cooperative Extension
Manola Erby, Alcorn University
Karen Hoffman Tepper and Lynne Borden, University of Arizona

Consultations with leaders in the youth development field have revealed a strong consensus that the most important ingredients for obtaining quality in out-of-school time youth development programs include staff recruitment, training, and professional development. Today, there is a growing movement to determine the competencies youth workers need to possess to best help youth thrive. The CYFERnet Teen Editorial Board will present examples of youth worker professional development and certification models that could be adapted or developed for Extension professionals. Bring your examples and join the conversation of how to advance the youth development field.

Reaching Teens: Using Peer Input, Advice and Stories to Bolster Programs

Brian Raison, The Ohio State University
Lori Zierl, Annette Bjorklund, and Dianne Weber, University of Wisconsin

Program development for teenagers is a difficult task. They appear, talk and often act invincible. Helping them gain an understanding of _____ (fill in the blank with your most important teen program) may prove even more difficult. Workshop participants will learn rigorous, academic, research-based (but FUN) processes to glean compelling stories from teens that will give programs more impact and credibility.

Strengthening Families: Project MAGIC, a Program for Juvenile Offenders

Marilyn Smith and Bill Evans, University of Nevada Cooperative Extension

Project MAGIC is one of 5 programs in the Nation to receive the 2006 4-H Families Count: Family Strengthening Award. This program for juvenile offenders and their families is proven to be effective with entry-level offenders. Workshop participants will get an overview of the project, an opportunity to review the curriculum, discuss the built-in program evaluation, and the process for working with the juvenile justice system to implement local programs.

TOKEN: Teen Outreach: Knowledge & Education for Neighbors

Carole A. Paterson, University of California Cooperative Extension
Jewel Fink, Planned Parenthood Shasta Diablo
Courtney Wu, Fighting Back Partnership Vallejo

This workshop will introduce participants to strategies used to increase teen access to reproductive healthcare. Utilizing a teen-developed discussion guide, participants will experience the process of the National Issue Forum methodology. Included: take-home tips for developing a teen outreach corps, examples of tools and techniques used to monitor youth access, and an evaluation tool to gauge knowledge-gain and behavior change.

Using a Teen Interactive Theater Education Approach to Reduce Risky Behaviors

Dan McDonald, University of Arizona Cooperative Extension, Pima County
Ruth Carter, Jan Gibby, and Brandon Moak, University of Arizona Cooperative Extension,
Maricopa County

In this interactive workshop, participants will become familiar with the research supporting the Teen Interactive Theater Education (TITE) approach and engage in activities that demonstrate the types of topics and the experiential learning model incorporated in the program. Lessons learned from implementation of this innovative intervention will be shared along with focus group and survey evaluation findings. Participants will receive handouts of program and evaluation tools and techniques and learn how they can implement TITE in their own communities.

Why Try? Innovative Interventions that Provide Hope and Motivate Youth to Overcome Poverty, Violence and Failure

Cristal McGill, Arizona State University

This workshop will emphasize a strength-based approach to helping youth overcome their challenges by teaching social and emotional life skills using multiple-sensory methods. This session will provide participants with several practical methods that teach emotional intelligence and important life skills such as: anger management, problem solving, overcoming peer pressure, keeping laws and rules, building support systems, and having a vision of their future.

Youth As Community Change Partners

Ann J. Sparke and Amy Mayhill, K-State Research & Extension, Morris County Youth Members (TBD), Community Change Team

In this session youth and adult members from the Morris County Community Change Team will share the projects they have initiated to lead their communities to be more physically active and address the childhood obesity epidemic. You will leave this workshop with practical action activities that can be implemented in your communities to address such issues.

Youth-driven Programs to Promote Social Justice and Civic Responsibility

Lynne Borden and Joyce Serido, University of Arizona
Manuel Abril, University of Arizona Cooperative Extension
Kath Wooldridge, Skrappy's Youth Empowerment Center
Diletta Dang, Our Family Services

This session describes the experiences of the young people who participate in a community program to promote civic engagement and social responsibility. The young people will describe some of their activities, the motivation behind the activities, and lessons learned. They will facilitate a discussion on the achieved outcomes, from both a personal and program perspective.

PARENT/FAMILY Workshops

4-H SLO Scientists - Youth/Adult Science Clubs

Richard P. Enfield, University of California Cooperative Extension

4-H SLO Scientists is a child/significant adult science club program developed to encourage "family sciencing." This program has experienced a high interest and commitment to participation and reenrollment and has shown strong results in involvement in science activities and increased positive family dynamics. Adults have expressed great satisfaction in finding a fun and high quality program to do with children.

Building Capacity in Evidence-based Programs: The Strengthening Families Program for Parents and Youth 10-14

Pam Peterson, University of Wisconsin Extension, Door County
Kristen Bruder, University of Wisconsin Extension, Dunn County

Implementing evidence-based programs (EBP) can be a time consuming task. Learn the benefits of utilizing EBP in your community and how Wisconsin has built statewide capacity for Strengthening Families 10-14, an evidence-based program. Presenters will share Wisconsin's experiences developing resources and materials that can be utilized to implement evidence-based programs. Lessons learned will be discussed and hands-on program activities demonstrated.

Can You Repeat That, Please?

Bonnie Parsons, West Virginia State University Extension

Too many people leave their doctor's office not understanding the directions they received, or forgot them altogether. Low health literacy, leads to higher health care costs and medical errors. Through lecture, role play and a personal health history journal the participant will learn how to communicate with their health care providers.

Coming Full Circle

Kimberly Porter, Demetrius Brown, Latoya Freeman, Antoine Mayes and Mary Thiry, University of Wisconsin Cooperative Extension

Two for the price of one is what this workshop offers. No matter what year you are in, Community Circles provides individuals with a safe process for identifying and addressing pertinent neighborhood concerns. The price of two includes Pre-college, a train-the-trainer workshop, that is a practical method to guide at-risk youth through exploring, researching, and achieving their educational and career goals.

Deal or No Deal: Lots of Questions, Lots of Answer for Parent Education

Judy Branch, University of Vermont Extension
Jackie Davis-Manigault, Cornell Cooperative Extension, New York City
Karen DeBord, North Carolina State University Cooperative Extension
H. Wallace Goddard, University of Arkansas Cooperative Extension
Joseph Maiorano, Ohio State University Extension
June P. Mead, Cornell University
Gerri Peeples, University of Illinois
Barbara Petty, University of Idaho Extension

The CYFERnet Parent/Family Editorial Board will use a series of popular game shows to involve the audience in testing their parent education skills and demonstrating how CYFERnet can be used to answer parents' questions and support Extension staff who work with parents, grandparents, stepfamilies, and others who contribute to raising children. Come test your skills, win prizes, and have fun!

Families Illustrated: Teaching Family Life and Youth Development with Film and Television

Susan K. Walker and Jennifer Fairbourn, University of Maryland

In a follow up to last year's popular workshop, Families Illustrated will explore advanced techniques for teaching about family life with feature films and broadcast television. Participants will learn four techniques for engaging diverse learners, adapting to learning needs, and assessing effectiveness. Resources for finding and contributing teaching strategies will be shared.

Integrating Parenting into Prevention Programs for Child Overweight

Lenna Ontai, University of California, Davis
Sharon Junge and Sue Manglallan, University of California Cooperative Extension

This workshop will focus on how to integrate the latest research in parenting to community-based prevention programs for child overweight. *Creating Healthy Families*, developed by University of California Cooperative Extension, will be used as an example. Discussion and activities will focus on ways to utilize parenting information to help strengthen families' skills at preventing childhood overweight.

The National Guard Deployment and Support Survey: How the National Guard is Identifying and Meeting the Needs of Families Before They Become At-Risk

Kathryn Goedde, National Guard Bureau-Family Program
Stephen Gruenert, Indiana State University

National Guard families facing deployment are at-risk for social, emotional, academic, and psychological challenges. The National Guard is meeting these challenges utilizing pre and post surveys that focus the State Family Program's efforts on information, training, and community resources that can best meet these needs.

One Size Does Not Fit All: How a Model Program can be Adapted to Work for Different Populations

Pat Davenport, FAST National Training and Evaluation Center

This presentation will examine how a model program can be adapted without jeopardizing program fidelity. This presentation demonstrates how Families and Schools Together (FAST) has been adapted to work with different ethnic and racial groups. Specific adaptations will be discussed and evaluation results will be presented.

The Redesigned Family Tree: Parents and Children in Stepfamilies

Nancy Recker and Lois Clark, Ohio State University Extension

Stepfamilies will soon outnumber all other forms of families. Participants who enroll in this state university peer reviewed presentation will engage in activities to better help them understand stepfamily living and the needs of stepchildren. This workshop will provide research based resources to use in programming as well as a compilation of practical and inspirational advice from focus group participants.

Parenting for School Success

Kathleen Olson and Patricia Stoppa, Family Relations Educators, University of Minnesota Extension

What can parents do to help children be the best students they can be? Six factors were found to help children learn, based on a literature review by Dr. Sandra Christenson, University of Minnesota. The 6 factors will be reviewed, using practical, everyday suggestions and ideas for parents of children K-12 for both English and Spanish speaking parents.

Parenting is More Than a Game

Patti Faughn and Janice McCoy, University of Illinois Extension

Teaching parents and childcare professionals about risky developmental stages of young children is accomplished in this workshop through the use of *Kids Categories* an interactive electronic game, slide presentation and activities. Focus is on making learning fun and attractive through using the game as both a marketing and educational tool. This tool is part of the *Your Young Child* training curriculum.

Understanding the Role of Race and Ethnicity on Family Values and Parenting

Jennifer Best, Iowa State University Extension

The U.S. Census Bureau estimates that the population of ethnic minorities in the U.S. will continue to grow faster than the "Anglo majority." Are human service providers prepared to offer culturally relevant programs and services to this diverse audience? This presentation will focus on what research reveals about traditional roles and value systems in minority families, and how they relate to providers' ability to offer programs to, partner with, and build the capacity of ethnically diverse communities.

COMMUNITY Workshops

Assessing the Youth Cultural Competence of Youth Development Practitioners

Bonita Williams, Lincoln University

This quantitative study involved 13 states and assessed several factors related to program planning, design/implementation and evaluation in relation to cultural competence. The purpose was to develop a valid and reliable instrument that assesses the level of cultural competence of youth development professionals and paraprofessionals. A self-assessment tool was developed to assess the cultural competence level in the programming process.

Building Capacity for Change: Creating Youth-Adult-Partnerships and Collective Leadership in Community Programs

Elayne Dorsey, Innovation Center for Community and Youth Development
Youth Member, Community Partner

This session provides best practices and lessons learned from the second session of Kellogg Leadership for Community Change (KLCC), the Kellogg Foundation's flagship leadership development program designed to develop collective leadership capacities by engaging young people with adults as partners in building a just community.

Building Capacity for Working with Youth Who Live in Poverty

Kerri Wade and Donna Patton, West Virginia University Extension Service

The socioeconomic class in which an individual is raised affects how that individual learns, behaves, makes decisions and assigns value. This workshop will provide participants with research from Betty Hart, Todd Risley, Reuven Feuerstein and Ruby Payne. Participants will learn strategies that will help ALL youth and families to succeed and excel in organized settings - especially those from poverty.

Building Community Capacity for Positive Youth Development

Jutta Dotterweich, Cornell University

This interactive workshop will introduce a web-based resource on positive youth development. Drawing from years of experience working with communities to adopt a positive youth development framework, the presenter developed a resource manual of activities, presentations, handouts and references that are tools for practitioners to introduce youth development principles and strategies to community groups. The session will include an overview of the manual and sample demonstrations of group activities.

Building Intergenerational Communities to Rebuild Lives: Hope Meadows

Brenda Krause Eheart, Carolyn Casteel, and Katara Robb, Generations of Hope

Hope Meadows, as seen on *Oprah* and *60 Minutes*, is an intentional, intergenerational community where the strengths and talents of ordinary people of all ages and vulnerabilities are utilized in helping to solve what often seem to be intractable social problems related to at-risk families. This workshop will present research on Hope Meadows and strategies for its establishment elsewhere.

Community Participatory Action Research: What is It and Why Should We Do It?

Autumn Guin, M.S., North Carolina State University
Susan Jakes, Ph.D., North Carolina State University

For professionals wanting to use participatory action research as the foundation for strong community programs, this workshop will outline the participatory action research process, provide an overview of seven essential components necessary to conduct participatory action research, and explore the use of participatory action research for building sustainable community programs.

Creating Resilient Communities by Collaborating with Traditional and Non-Traditional Partners

Ann Michelle Daniels, South Dakota State University
Daniel F Perkins, Pennsylvania State University

The objective of this proposal is to help participants learn to identify youth and community needs in their state and to address those needs by collaborating traditional and Non-traditional partners. Youth sports is explored as a vehicle to promote community development by creating brainstorming tools, needs assessments, and eco-maps in order to create a "collaboration map".

Crossing Generational and Cultural Boundaries: Leadership Development in Highly Diverse Rural Communities

Sharon M. S. Gibson and Sue Chapman, University of Georgia
Louise Hill, University of Georgia Fanning Institute for Leadership Development
Debbie Purvis, Luz Cooper, and Mailyn Perez, University of Georgia Cooperative Extension

This workshop focuses on the leadership development component of the Colquitt County Georgia CYFAR project. The workshop addresses the county's need to bridge new immigrant community members with long-term residents and to develop the leadership potential of all segments. A cross-disciplinary approach was a critical part of program success. Data documenting the impact of the program will be presented.

Effective Strategies To Promote Project Sustainability

Scott Meyer and Stephanie J. Halter, Plymouth State University
Paula Gregory, University of New Hampshire Cooperative Extension

Sustainability concerns a program's capacity to generate enough community-wide energy, skill, and desire to ensure that significant productive effort continues in the quest to achieve desired outcomes long after initial funds are spent. Presenters provide an overview of the evaluative methodology and resulting administrative techniques utilized to develop community capacity to sustain CYFAR projects. Overcoming barriers to sustainability will be reviewed.

The FOCUS is on you!

Toni Estep, West Virginia State University Extension

The FOCUS is on you! A new approach to learning about your own personal assets and how they may contribute to establishing leadership and impacting change in your community. FOCUS is a group activity that unites teens and adults in identifying leadership and developing group consensus in making important decisions that result in powerful and positive changes in the community.

Family-Community Connections: Foundation for Project Success and Sustainability

Boyd Rossing, Beverlee Baker, Karen Joos, and Cynthia Muhar, University of Wisconsin Extension

This workshop will focus on how and why to connect families with each other and with key community organizations and initiatives to build program ownership, success and sustainability. Wisconsin Extension faculty will share a process used to build knowledge from practice across four projects and link it to research. We will engage participants in a similar process of reflection.

Leading from Anywhere

Kendra Wells, University of Maryland Cooperative Extension

Strong, vibrant, sustainable communities rely on knowledgeable, ethical, caring, inclusive leaders. Key to community leadership is building networks of youth and adults who share power and work together for the common good will be shared. This workshop provides hands-on leadership learning experiences, an opportunity to explore leadership from different perspectives, and resources for building leadership in your community.

Maintaining Professional Boundaries When Working with At-Risk Audiences

Alayne Torretta, Rutgers Cooperative Extension of Warren County

To be most effective in making positive, healthy changes with at-risk clientele, professionals must maintain and reinforce healthy boundaries. This workshop describes professional boundaries and how to resolve unhealthy client boundaries. Unhealthy boundaries can create many problems for the professional, including decreased job satisfaction, health issues, and increased frustrations of being ineffective.

Making a Difference: Measuring the Effectiveness of Our Programs

Alice Black, The Ohio State University

Documenting program outcomes and their effectiveness is a challenging task but a required step in program change, funding and support. This session explores measuring program outcomes on individual, organizational and community levels by using a new evaluation tool called EvaluLEAD. Session participants will learn how to use the EvaluLEAD framework in evaluating the outcomes of their programs.

Measure Your Success, Share Your Impact: Increasing Program Development, Evaluation and Scholarship Capacity in Organizations

Giesela Grumbach, Emma Theuri, Maurice Ogutu, Nigel Austin, and Kay Doll, University of Illinois Extension
Lydia B. Blalock, Rutgers Cooperative Extension

Building sustainable programs requires solid program development and evaluation skills. Learn how University of Illinois Extension, Northeast Region increased their capacity to create community-driven programs; document program success; and improve outreach scholarship. Results, processes and resources will be shared, including tools that moved staff beyond the logic model to the “meat and potatoes” of evaluation-based program development.

Moving Beyond Collaboration

Gay Eastman, University of Wisconsin-Madison and UW-Extension
Mary Gruenewald, University of Wisconsin-Extension
Marma McIntee, University of Wisconsin-Extension Washington County

This workshop will focus on the processes, principles and roles -- in addition to collaboration -- needed to create and sustain community capacity on behalf of children and families at risk. Using lessons learned from two long-term projects, we will provide some new ways to think about sustainability and invite participants to apply these ideas to their own efforts.

Partnering with Latino Residents to Develop Community Capacity to Support 4-H Youth Development Programs: A Success Story

Lydia B. Blalock and Laura Bovitz, Rutgers Cooperative Extension

Learn how Rutgers Cooperative Extension faculty partnered with local Latino residents to increase their community's capacity to support 4-H youth programs by creating volunteer leadership development materials and training methods. Extension and community team members will discuss the importance of cultural efficacy, share language challenges (English-only project directors!), demonstrate activities and materials created, and present final results of the project.

TLC (Tender Loving Care) for Grumpy Groups

Deborah Thomason and Kellye S. Rembert, Clemson University

Collaborations are essential for program development, delivery and evaluation. Collaborations consist of diverse identities and may sometimes experience growing pains that can impede progress. This interactive presentation will provide information that attendees can adapt and apply to their own work. Participants will be engaged by participating in active learning processes that will help them effectively work with diverse groups.